

Virginia Marie Granados Gazette

Adult and Senior Center

500 Freiling, San Antonio, TX 78213 (210) 731-9654

July / August 2009

4th of July Potluck

On Thursday, July 2nd we will be having a potluck to celebrate Independence Day from 1-3 p.m. Please join us and be sure to bring a dish to share. Sign-up at the front desk. Wear your red, white and blue!

Journey to Central America Family Day

Bring your family (grandkids invited) and have fun exploring the cultures of Central America. The Alamo Colleges CASS Program Teachers return on July 17th from 10:00 a.m. until Noon with a special activity designed for young and old alike. Play games and sing songs as you learn about the different countries represented by the teachers. Be sure to pick up your passport and have it stamped as you journey through the Grand Room.

SNAP Van @ Granados

Friday, July 24th the SNAP Van will be in the lower parking lot offering free or discounted spay-neuter services for dogs and cats. Surgery is offered at low cost or free to the public, first come first serve as space allows. There is a \$10 fee for rabies vaccination unless a current rabies certificate is present at intake, and there is \$10 fee for take home medications for dogs. Vaccinations, heartworm testing and prevention and flea control are all available to surgery clients at the normal low cost prices.

Fitness Challenge Walk @ McAllister Park

Those completing the 9-week Summer Fitness Challenge are invited to join us at McAllister Park, Pavilion #2 on August 1st. The festivities kick off with the Celebration Fun Walk at 8 a.m. followed by a Picnic in the Park at 10 a.m. Family are invited. Picnic is free for participants (pre-registration required) and family members are an additional \$2 per meal, pre-registration and payment in advance. Limited space available for a van ride to the park from Granados.

AARP Safety Driving Class

Learn defensive driving techniques and how to adjust your driving to age-related changes during this one day class on July 23rd from 8:30 a.m. to 12:30 p.m. You may get a discount on your auto insurance, however, this class is not good for ticket dismissal. Anyone with a driver's license may attend. Cost is \$12 for AARP members, \$14 for non-AARP members, and is collected by the instructor the day of class. Limit of 30 participants and pre-registration is required by calling Granados at 731-9654.

The City of San Antonio welcomes adults 18 years of age and older to participate in a variety of social, educational, and recreational activities at Granados. Granados Adult and Senior Center is a unit of the Parks and Recreation Department. Annual participation fee of \$5 is required.

Building Hours are:

Monday & Wednesday

8 a.m.-7 p.m.

Tuesday & Thursday

8 a.m.-8 p.m.

Friday

8 a.m.-6 p.m.

Kevin Sykes,

Community Service Supervisor

Nancy Durham,

Recreation Program Supervisor

Mary Runner,

Community Center Leader

BJ Villela,

Recreation Specialist

Gorgeous Grandma Day

For all current and potential Grandmas! Arbonne consultant Laurie Wiglesworth returns to pamper us once again in celebration of "Gorgeous Grandma Day" on July 23rd with a Hollywood Make-Over. Learn from a professional make-up artist all the latest tips and techniques for applying make-up. This Hollywood Make-over Event will be held in three sessions of 7 people per session, so please be sure to sign up at the reception desk to reserve your spot.

Brown Bag Book Club

Join us for our book discussions on the last Thursday of the month at Noon. On July 30th, we will talk about *Wicked* by Gregory Maguire and on August 27, we will discuss *To Kill a Mocking Bird* by Harper Lee. Don't forget to bring your lunch and your pick for a book to read and review.

Inside this issue:

Upcoming Events	2
July Calendar of Events	3
August Calendar of Events	4
Health and Wellness	5
Arts & Crafts / Games	6

Upcoming Events

End of Summer Celebration

Summer's ending and the grandkids are heading back to school. Join us for our last summer celebration on "Root Beer Float Day," August 19th at 1 p.m. Listen to summer time songs performed by Lions Field Ukulele Ladies and Gents while you enjoy a root beer float. Family members of all ages welcome. Floats are \$1 each.

ChiWalking Training Session

A special free training session on Saturday, July 18th from 8:30 a.m. to 12:30 p.m. only for our Fitness Challenge Participants. ChiWalking combines modern physics with the ancient wisdom of T'ai Chi. Learn to move with more stability and balance. Walk longer distances with greater ease. Pre-registration required so sign up at the front desk.

Survey Results

Thanks to everyone for giving feedback! The majority of you said you heard about Granados from friends and family, so thanks and keep it up. Respondents mainly participate in exercise classes. Many mentioned the need for more parking. This is a good time to help the environment, relieve the problem, and carpool. You asked for more trips and computers, and we are on track for these programs. As always, feel free to offer suggestions or let the staff know if you want to volunteer.

Community Garden Meeting

August 11th at 6:30p.m., we will hold our first meeting to discuss the formation of a community garden. If you are interested in being part of a community garden here at Granados, you can sign up at the front desk or call 731-9654.

Speaker's Bureau

Join us as we welcome various professionals who discuss timely topics. *Phone in registration is encouraged* and don't forget to bring a sack lunch.

Silver Sneakers

Topic: Benefits of Physical Activity for Seniors and information about the Silver Sneakers Fitness Program. Those participating in the Fitness Challenge will be awarded 2 points for attending.

Date: Friday, July 31 at 11:30 a.m.

Ed Pena

Topic: UFO

Date: Friday, August 28th at 11:30 a.m.

Granados participant Ed Pena will discuss the possibility of visitations from extraterrestrial beings. Be sure to attend this fun and exciting presentation.

Upcoming Trips & Tours

Evening at Bravo!

Limited to only ten lucky participants! Leave Granados on Thursday, July 9th at 5:30pm for dinner on your own at Jacala Mexican Restaurant. After dinner, be driven downtown to La Villita's Arneson River Theater to see Bravo! An Evening of Song and Dance performance. There's no charge for show tickets for our group and the return to Granados is expected to be around 9:30 p.m.

SAS Factory Tour

Join us as we visit a San Antonio landmark! On Wednesday, July 22nd from 8:30 to 11:30 a.m., we will tour the San Antonio Shoe Factory. While at the SAS Factory we will learn about the history of the company and also how the shoes are made. Space is limited so please pre-register at the front desk to reserve your place. After the tour, enjoy shopping and visiting the snack bar on your own.

Friedrich Nature Walk

On Monday, July 13th at 9 a.m. we will go to Friedrich Wilderness Park for a Nature Walk. We'll be accompanied by Master Naturalist Field Guide, Rick Pulis, who will discuss the different types of plants and animals native to the area. Space is limited so please pre-register at the front desk to reserve your place.

McNay Art Museum

We will be visiting the McNay Art Museum on Thursday, August 6th at 3:30 p.m. Currently on exhibition are Tom Slick: International Art Collector, Elegant Enigmas: The Art of Edward Gorey, In Their Own Right: Contemporary Women Printmakers and 30x30 cm Project: A Contemporary Print Collaboration. Space is limited so please pre-register at the front desk to reserve your place.

Outlet Mall Trip

Due to a number of requests, on Friday, August 28, we will be taking a van from Granados out to the Tanger Outlets in San Marcos, TX. We will be departing for the Tanger Outlet Shops at 9 a.m., spending a few hours shopping and returning about 3 p.m. The Tanger Outlets offer a large variety of stores including Liz Claiborne Woman, Kenneth Cole, Skechers, and many more. Space is limited so please pre-register at the front desk to reserve your place.

Granados		500 Freiling, San Antonio, TX 78213		July 2009		(210) 731-9654	
Monday 8am-7pm	Tuesday 8am-8pm	Wednesday 8am-7pm	Thursday 8am-8pm	Friday 8am-6pm			
6 8:15am Walking Program 9am Stretch & Flexibility 1pm “No Frills” Bunco 5:45pm Gentle Yoga 3 of 6* 6pm Line Dancing	7 9am Yo-Tai 11am Line Dancing (Beg) 12pm Line Dancing (Adv) 12:30-2:30pm Fit City 1pm Line Dancing (Int) 1-3pm Painting / 1-4pm Bridge 2:30pm Guitar Lessons 2 of 4* 4 & 6:30 Total Body Toning 6:30 Stitching Time	1 / 8 8:15am Walking Program 9am Stretch & Flexibility 9:45am Chair Yoga 4 and 5 of 6* 1-3pm & 5:30pm Wii Wednesday 1-4pm Dominoes 5:30-6:30 Game Night 5:45 Tai Chi Chuan 2 & 3 of 6*	2 / 9 9am Tex-Fit 10am-12pm Scrabble 1-3pm 4th of July Pot Luck (7/2) 2-4pm Scrap Booking Group 4pm Total Body Toning (6:30 classes cancelled 7/2 & 9) 5:30pm BRAVO! Outing (7/9)* 5:30-7:30pm Painting Class 6:30-8pm DANA Meeting (7/9)	3 / 10 (Closed 7/3) 8:15am Walking Program 9-10:30 AgriLife Nutrition Talk 10:30am Stretch and Flex Noon-2pm Arts & Crafts 2-4:30 Open Studio			
13 8:15am Walking Program 9am Friedrich Nature Walk* 9am Stretch & Flexibility 1pm “No Frills” Bunco 5:45pm Gentle Yoga 4 of 6* 6pm Line Dancing	14 9am Yo-Tai 11am Line Dancing (Beg) 12pm Line Dancing (Adv) 1pm Line Dancing (Int) 1-3pm Painting / 1-4pm Bridge 2:30pm Guitar Lessons 3 of 4* 4 & 6:30 Total Body Toning 6:30 Stitching Time	15 8:15am Walking Program 9am Stretch & Flexibility 9:45am Chair Yoga 6 of 6* 1-3pm & 5:30pm Wii Wednesday 1-4pm Dominoes 5:30-6:30 Game Night 5:45pm Tai Chi Chuan 4 of 6*	16 9am Tex-Fit 10am-12pm Scrabble 2-4pm Scrap Booking Group 4 & 6:30pm Total Body Toning 5:30-7:30pm Painting Class	17 8:15am Walking Program 9-10:00 AgriLife Nutrition Talk 10-Noon Journey to Central America Family Day Noon-2pm Arts & Crafts 2-4:30 Open Studio			
20 8:15am Walking Program 9am Stretch & Flexibility 1pm “No Frills” Bunco 5:45pm Gentle Yoga 5 of 6* 6-7pm Line Dancing	21 9am Yo-Tai 11am Line Dancing (Beg) 12pm Line Dancing (Adv) 1pm Line Dancing (Int) 11:30-1pm BP/B-Sugar Check 1-3pm Painting / 1-4pm Bridge 2:30pm Guitar Lessons 4 of 4* 4 & 6:30 Total Body Toning 6:30 Stitching Time	22 8:15am Walking Program 8:30-11am SAS Factory Tour* 9am Stretch & Flexibility 9:45am Chair Yoga 1 of 6* 1-3pm & 5:30pm Wii Wednesday 1-4pm Dominoes 5:30-6:30 Game Night 5:45pm Tai Chi Chuan 5 of 6*	23 8:30-12:30 AARP Safety Driving* 9am Tex-Fit 10am-12pm Scrabble Gorgeous Grandma Day* 2-4pm Scrap Booking Group 4 & 6:30pm Total Body Toning 5:30-7:30pm Painting Class	24 7:30am SNAP Van 8:15am Walking Program 9-10:30 AgriLife Nutrition Talk 10:30am Stretch and Flex 11am Zumba Gold Salsa Noon-2pm Arts & Crafts 2-4:30 Open Studio			
27 8:15am Walking Program 9am Stretch & Flexibility 1pm “No Frills” Bunco 5:45pm Gentle Yoga 6 of 6* 6-7pm Line Dancing <i>*pre-registration or fee required</i>	28 9am Yo-Tai 11am Line Dancing (Beg) 12pm Line Dancing (Adv) 1pm Line Dancing (Int) 1-3pm Painting / 1-4pm Bridge 2:30pm Guitar Lessons 1 of 4* 4 & 6:30 Total Body Toning 6:30 Stitching Time	29 8:15am Walking Program 9am Stretch & Flexibility 9:45am Chair Yoga 2 of 6* 1-3pm & 5:30pm Wii Wednesday 1-4pm Dominoes 5:30-6:30 Game Night 5:45pm Tai Chi Chuan 6 of 6*	30 9am Tex-Fit 10-12pm Scrabble 12pm Book Club: Wicked 2-4pm Scrap Booking Group 4 & 6:30 Total Body Toning 5:30-7:30pm Painting Class	31 8:15am Walking Program 9-10:30 AgriLife Nutrition Talk 10:30am Stretch and Flex 11:30am Speakers Bureau: Silver Sneakers Noon-2pm Arts & Crafts 2-4:30 Open Studio			Aug 1st 8am Fitness Chall. Walk

Granados 500 Freiling, San Antonio, TX 78213 August 2009 (210) 731-9654

Monday 8am-7pm	Tuesday 8am-8pm	Wednesday 8am-7pm	Thursday 8am-8pm	Friday 8am-6pm
<p>3 8:15am Walking Program 9am Stretch & Flexibility 1pm "No Frills" Bunco 5:45pm Gentle Yoga 1 of 6* 6pm Line Dancing</p>	<p>4 9am Yo-Tai 11am Line Dancing (Beg) 12pm Line Dancing (Adv) 1pm Line Dancing (Int) 12:30-2:30pm Fit City 1-3pm Painting / 1-4pm Bridge 2:30pm Guitar 2 of 4* 4 & 6:30 Total Body Toning 6:30 Stitching Time</p>	<p>5 8:15am Walking Program 9am Stretch & Flexibility 9:45am Chair Yoga 3 of 6* 1-3pm & 5:30 Wii Wednesday 1pm Dominoes 5:30pm Game Night 5:45pm Tai Chi Chuan 1 of 6*</p>	<p>6 9am Tex-Fit 10am Scrabble 2-4pm Scrap Booking Group 3:30pm McNay Trip* 4 & 6:30 Total Body Toning Painting Class Cancelled</p>	<p>7 8:15am Walking Program 9-10:30 AgriLife Nutrition Talk 10:30am Stretch and Flex Noon Arts & Crafts 2-4:30 Open Studio</p>
<p>10 8:15am Walking Program 9am Stretch & Flexibility 1pm "No Frills" Bunco 5:45pm Gentle Yoga 2 of 6* 6pm Line Dancing</p>	<p>11 9am Yo-Tai 11am Line Dancing (Beg) 12pm Line Dancing (Adv) 1pm Line Dancing (Int) 1-3pm Painting / 1-4pm Bridge 2:30pm Guitar 3 of 4* 4pm Total Body Toning 6:30 Community Garden Mtg 6:30 Stitching Time</p>	<p>12 8:15am Walking Program 9am Stretch & Flexibility 9:45am Chair Yoga 4 of 6* 1-3pm & 5:30 Wii Wednesday 1pm Dominoes 5:30pm Game Night 5:45pm Tai Chi Chuan 2 of 6*</p>	<p>13 9am Tex-Fit 10am Scrabble 2-4pm Scrap Booking Group 4 & 6:30 Total Body Toning 5:30pm Painting Class</p>	<p>14 8:15am Walking Program 9-10:30 AgriLife Nutrition Talk 10:30am Stretch and Flex Noon Arts & Crafts 2-4:30 Open Studio</p>
<p>17 8:15am Walking Program 9am Stretch & Flexibility 1pm "No Frills" Bunco 5:45pm Gentle Yoga 3 of 6* 6pm Line Dancing</p>	<p>18 9am Yo-Tai 11am Line Dancing (Beg) 1pm Line Dancing (Adv) 1pm Line Dancing (Int) 11:30-1pm BP/B.Sugar Check 1-3pm Painting / 1pm Bridge 2:30pm Guitar 4 of 4* 4 & 6:30 Total Body Toning 6:30 Stitching Time</p>	<p>19 8:15am Walking Program 9am Stretch & Flexibility 9:45am Chair Yoga 5 of 6* 1-3pm End of Summer Celebration 1pm Dominoes 5:30 Wii Wednesday 5:30pm Game Night 5:45 Tai Chi Chuan 3 of 6*</p>	<p>20 9am Tex-Fit 10am Scrabble 2-4pm Scrap Booking Group 4 & 6:30 Total Body Toning 5:30pm Painting Class</p>	<p>21 8:15am Walking Program 9-10:30 AgriLife Nutrition Talk 10:30am Stretch and Flex Noon Arts & Crafts 2-4:30pm Open Studio</p>
<p>24 / 31 8:15am Walking Program 9am Stretch & Flexibility 1pm No Frills Bunco 5:45pm Gentle Yoga 4 of 6* 6pm Line Dancing <i>*pre-registration or fee required</i></p>	<p>25 9am Yo-Tai 11am Line Dancing (Beg) 12pm Line Dancing (Adv) 1pm Line Dancing (Int) 1-3pm Painting / 1-4pm Bridge 2:30pm Guitar 1 of 4* 4 & 6:30 Total Body Toning 6:30 Stitching Time</p>	<p>26 8:15am Walking Program 9am Stretch & Flexibility 9:45am Chair Yoga 6 of 6* 1-3pm & 5:30 Wii Wednesday 1pm Dominoes 5:30pm Game Night 5:45 Tai Chi Chuan 4 of 6*</p>	<p>27 9am Tex-Fit 10am Scrabble 12pm Book Club: To Kill a Mockingbird 2-4pm Scrap Booking Group 4 & 6:30 Total Body Toning 5:30pm Painting Class</p>	<p>28 8:15am Walking Program 9am Outlet Mall Trip* 9-10:30 AgriLife Nutrition Talk 10:30am Stretch and Flex Noon Speaker's Bureau: "UFOs" Noon Arts & Crafts 2-4:40pm Open Studio</p>

Health and Wellness Programs

Get Fit at Granados!

Check out our exercise programs. Mix and Match during the week for a total body workout and don't forget about the fitness room. Let staff show you how to use the equipment to get the most out of your workout.

As with any exercise program, please check with your physician before beginning.

Stretch & Flexibility

Increase your flexibility, energy level, and tone your muscles. Low intensity.

Date: Monday & Wed (9-9:30 a.m.)
Friday (10:30-11 a.m.)

Yo-Tai / Tex Fit

Easy movement instructional videos that focus on strengthening muscle, increasing flexibility and relaxation.

Date: Tuesday & Thursday
Time: 9-9:30 a.m.

Evening Line Dancing

This is a beginning to intermediate level class.

Date: Mondays
Time: 6-7 p.m.

Beginning Line Dancing

Learn fundamentals of line dancing in this easy-paced class. Designed for the person who has little or no line dancing experience. Partners not required.

Date: Tuesdays
Time: 11 a.m.-12 p.m.

Intermediate Line Dancing

Designed for those who have line dancing experience but are not quite ready for the advanced group.

Date: Tuesdays
Time: 1-2 p.m.

Advanced Line Dancing

Designed for those who have line dancing experience.

Date: Tuesdays
Time: 12-1 p.m.

Fit City

Join the YMCA at the Granados Center for a free body composition analysis. Results are confidential and will include: weight, percentage of fat, muscle and water.

Date: 1st Tuesday, July 7 & August 4
Time: 12:30-2:30 p.m.



Zumba Gold Salsa

Come join us and learn how to Salsa Dance! Hosted by WellMed.

Date: Friday, July 24
Time: 11 a.m.

Total Body Toning

Moderate to high intensity class, focusing on strengthening and toning the body's major muscle groups. Bring light hand weights and a mat for floor exercises.

Date: Tuesdays and Thursdays
Time: 4-5 p.m. & 6:30-7:30 p.m.

Walking Program

Date: Monday, Wednesday, Friday
Time: 8:15-8:45 a.m.

Fitness Room

For those who are concentrating on a healthier lifestyle, a fitness room is available for your use any time the building is open. Staff will gladly give you an orientation to the equipment prior to your first use. Please sign the clipboard each time you use the room. Equipment available includes:

- Treadmill
- Incline Elliptical
- Semi-recumbent fitness bike
- Seated Stepper
- Multi-Station Gym
- Dumbbells

AgriLife Nutrition Talk

Learn quick and easy, healthy recipes, and the latest nutrition information while chatting with friends.

Date: Fridays
Time: 9-10:30 a.m.

Gentle Yoga

Improve posture, flexibility, energy, and endurance in this class.

August 3-September 14
\$39/session
Date: Mondays
Time: 5:45-6:45 p.m.
Pre-registration required.

Chair Yoga

The same great benefits as Gentle Yoga without having to get down on the floor.

July 22-August 26
\$39/session
Date: Wednesdays
Time: 9:45-10:45 a.m.
Pre-registration required.

Tai Chi Chuan

Improve posture and meditate through movement, breathing and visualization.

August 5-September 9
\$40/session
Date: Mondays
Time: 5:45-6:45 p.m.
Pre-registration required

Blood Pressure and Blood Sugar Screening

The Wesley Nurse will be in the Granados Library on Tuesday, July 21 and August 18 from 11:30 a.m.-1 p.m. to check blood pressure and blood sugar. Pre-registration and fasting are not required.

Arts and Crafts

Please pick up supply list for Arts & Crafts classes at front desk.

Arts & Crafts

Date: Fridays

Time: Noon-2 p.m.

Open Studio

Date: Fridays

Time: 2- 4:30 p.m.

Scrap Booking Group

Date: Thursdays

Time: 2- 4 p.m.

Stitching Time

Date: Tuesdays

Time: 6:30-7:45 p.m.

Painting Class

Tues 1-3 p.m.

Thurs 5:30-7:30 p.m.

Group Guitar Lessons

Tuesdays, 6/30-7/21

Tuesdays, 7/28-8/18

2:30-3:30 p.m.

\$30 for 4 Week Session

Pre-registration required.

See the World!

We are currently signing people up for the following escorted vacations offered by Collette Vacations:

New England Back Roads and Europe's Christmas Markets.

Pick up a brochure across from the desk or see a staff member if you are interested on joining Collette for these exciting tours.

A Round of Applause for...

Thank you to Arbonne representative Laurie Wiglesworth for our special Mother's Day Celebration; Ray Cevallos for sharing his stories and poems; George Torres from Home Well Senior Care for providing lunch during Ray's stories and poems; WellMed for providing Bea, our Zumba instructor, each month; Bill Montalto from Humana for helping out with our Father's Day Celebration Fishing Trip; and to all our Fitness Challenge Kick-off Presenters: Samson Solomon from Fit City; Roger Soler from Soler's Sports; Rita Avendano from AgriLife; Rudolpho Patino from State Farm; Ken Runner, ChiWalking Instructor; Rodolfo Flores, our Tai Chi Chuan instructor; and Shaunnesy Rodriguez, our Gentle and Chair Yoga instructor.

Coming in September:

Gourmets on the Go, Living with Arthritis Class, SAC counseling, more geocaching and other local trips, and much more. Let the staff know what you want offered at Granados!

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 826-9041 and The Commander's House 50+ Senior Center at 645 S. Main at Durango St. (210) 224-1684.

Class Registration: Pre-registration is required for several of the classes. Please check your schedule for conflicts prior to registration as we are unable to pro-rate or refund your money.

Cards & Games

Bunco

Date: Mondays

Time: 1-3 p.m.

Bridge

Date: Tuesdays

Time: 1- 4 p.m.

Scrabble / Game Day

Date: Thursdays

Time: 10 a.m.-12 p.m.

Wii Wednesdays

Join us for interactive video gaming for all ages.

Date: Wednesdays

Time: 1-3 p.m. and

5:30-6:30 p.m.

Cards / Game Night

Date: Wednesday

Time: 5:30-6:30 p.m.

Dominoes

Date: Wednesdays

Time: 1-4 p.m.

Volunteers Needed

Volunteers are needed at Granados. Do you enjoy teaching classes, sharing your travel slides, serving as a host/receptionist or being a member of a planning committee? If you have a special hobby or interest that you would like to share, please call the center. Opportunities available include:

- Class Instructors
- Greeter/Receptionist
- Office help
- Telephone Committee
- Special events
- Decorating Committee

Program Ideas

Have you always wanted to learn a new activity or go on a trip to a certain place? Let the staff know what type of programs you would like to see offered at Granados. All suggestions are welcome.

Disclaimer

Individuals are responsible for making informed decisions regarding the products, programs and services in this newsletter. The City of San Antonio does not endorse outside products or services presented.



This facility is wheelchair accessible. Request for interpreter services or assistive listening headphones must be made 48 hours prior to meeting. For V/TTY assistance call 207-3039.

